



“Lots of good information and good input from our Trainers!”

### To register

for any of these great classes offered to our resource parents, please contact us at:

**DCSRAPTRRegistrations@dcs.in.gov**  
or (317) 232-0212

with your name, phone, email, and county.

### Schedule of Classes

Go to: **www.IN.Gov/dcs/**  
click **Events Calendar View** under **DCS Logo**  
click **View All Events; Select Month**  
under **Advanced Search**  
enter **county of class in Keywords**  
choose **class, call or email to register.**



**State of Indiana**  
Michael R. Pence, Governor  
Mary Beth Bonaventura, Director  
**Department of Child Services**  
302 W. WASHINGTON STREET, Room E306  
INDIANAPOLIS, INDIANA 46204-2739  
[www.IN.gov/dcs](http://www.IN.gov/dcs)

The Indiana Department of Child Services does not discriminate on the basis of race, color, creed, sex, age, disability, national origin, or ancestry.

DCS 11-20-13



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### Understanding & Managing Challenging Behaviors

In this three hour course, participants will take a look at some of the factors that go into children's behaviors, including the impact of trauma on development. Participants will look at setting up structure in a home, addressing their own behaviors, de-escalating situations, and teaching children to identify emotions as ways to manage behaviors. Participants will learn some positive discipline techniques as well as review the Indiana Department of Child Services policy regarding discipline in Resource Homes.

**Length of Class:** Three (3) hours

### My Family, Your Family

For children in care, cooperation between the resource family and the biological family can help to make a difficult time much better. Resource parents assist in reunification, but may face challenges when working with the parents or guardians of a child. This training looks at a biological parent through a trauma-informed lens and presents some tools and strategies for successfully engaging a child's parents or guardians.

**Length of Class:** Four (4) hours

### Resource Family Self-Care

Resource parents provide care for traumatized children and through that care giving are, themselves, subject to compassion fatigue and secondary trauma. Resource parents will become aware of the importance of practicing self-care and maintaining well-being through a review of the topics of compassion fatigue, secondary traumatic stress, grief and self-awareness. Resource parents will learn strategies to build on necessary skills for coping, resiliency, and assembling supports.

**Length of Class:** Six (6) hours

### Trauma-Informed Care I, II, III

In this 3-part series on Trauma Informed Care, we will define child trauma and describe how children may respond to traumatic events, how to promote resilience in children, how trauma can interfere with children's development and functioning, and how trauma can affect children's view of themselves and their future. This training also gives recommendations on how resource parents can help children feel safe when talking about trauma, covers the basic elements of trauma-informed advocacy, and finally, looks at indicators that a child may need the support of a trauma-informed therapy.

**Length of Class:** Four (4) hours each

### Adoption Legal Overview

This class explains the process and rules of the Indiana Adoption Program: the types of adoption assistance; how a child can be eligible for the program; how the administrative appeals work; and, subsidy negotiations. This class is taught by a DCS attorney who sees the struggles that families go through when the IAP program is unfamiliar to them, and the pitfalls that families face when they have unrealistic expectations or a misunderstanding of the process. The class takes this very complex subject and explains it in a clear way to help prospective adoptive parents and their foster children reach their goal of becoming a forever family.

**Length of Class:** Two (2) hours

**NOTE:** This class does not fulfill the requirements of completing RAPT IV.

## Staff Development Resource & Adoptive Parent Training Classes FOR RESOURCE PARENTS





# Resource & Adoptive Parent Training (RAPT)

## COURSE CATALOG FOR 2014



### RAPT I Introduction to DCS

Introduction to the mission, vision, and values of the Indiana Department of Child Services and the basic structure of the department. Explanation of the licensing process to become a resource and adoptive parent.\* Discussion of the role of resource parents as a member of the service team. Review of some potential impacts of fostering and adoption on children.

Length of Class: Three (3) hours

*\*Note:* All families adopting must complete (RAPT I-IV)

### RAPT II Child Abuse and Neglect

Learn the definitions of abuse, neglect, and sexual abuse. Learn the characteristics of maltreating families and recognize predisposing attitudes and behavior in a maltreating family. Have increased recognition of the different indicators, signs, and effects of abuse and neglect in children. Learn when and how to report suspected abuse.

Length of Class: Four (4) hours  
Required Materials: Laptop or Computer—Online  
Prerequisites: RAPT I

### RAPT III Attachment, Discipline and Effects of Care Giving on the Family Overview

Know how a child’s developmental level affects his/her understanding and reactions to out-of-home placement. Be aware of a variety of effective strategies that promote healthy development, attachment, and self-esteem, while managing children’s behaviors. Recognize the potential effects on the resource family of providing care.

Length of Class: Three (3) hours

### RAPT IV Adoption

Recognize common adoption issues for children, parents, and families. Be aware of resources in the community. Introduction to the Special Needs Adoption Program (SNAP) in the State of Indiana.

Length of Class: Six (6) hours

### Attachment

This training provides an overview of attachment theory and how to meet the challenge of caring for a child with attachment challenges. Participants will learn how the development of the brain may be affected by trauma, which disrupts the healthy attachment process. Participants will also learn that, by meeting the needs of the child, the brain and attachment process may begin to heal.

Length of Class: Four (4) hours

### Teaming with Families—the CFTM

Participants will understand the purpose of a Child and Family Team Meeting (CFTM) as it fits into the Indiana Practice Model, and understand the important role of the resource parent as a part of the team and in the Child and Family Team Meeting. See what the CFTM process looks like through observing a hypothetical family’s experience.

Length of Class: Three (3) hours

### Cultural Competence Series

#### Part I A Look at the Topics of Poverty and Race/Ethnicity

Participants will become aware of their own values in relation to what is considered necessary to care for a child. They will also be able to define poverty in the United States and understand the concept of absolute versus relative poverty. Participants will look at their own biases and stereotypes in regard to the social construct of race and take a brief look at some of the cultures represented in the State of Indiana.

Length of Class: Six (6) hours

#### Part II Language of Power

Participants will understand exclusive and inclusive power and how that can affect a child and family. Participants will also be aware of the power of language, including laws that create power within society.

Length of Class: Three (3) hours

#### Part III Substance Use Disorders

Participants will learn how substance use disorders affect families involved in child welfare. Participants will think about what it means to be culturally competent when working with families in which substance use affects the safety and well-being of children. In addition, participants will look at the many pathways to recovery.

Length of Class: Three (3) hours

#### Part IV Supporting Lesbian, Gay, Bisexual, Transgender & Questioning Youth

Participants will learn ways to create a safe and affirming atmosphere for all youth in care. Current research on youth in LGBTQ community will be covered. Participants will learn to engage the LGBTQ youth or child from a strength based perspective and learn of organizations that can assist the youth and family.

Length of Class: Three (3) hours

### Educational Advocacy

Participant will understand what is required to be an effective educational advocate; be aware of federal laws and state statutes that apply to student care and understand the process in identifying and assisting children with a disability that adversely affects learning.

Length of Class: Two (2) hours

### Nuts and Bolts

This training takes a look at some of the immediate practical issues that every resource parent needs to know. By the end of the training participants will: understand the importance of Life books; be familiar with Medical Passports; know the policies regarding smoking; know the fundamentals of child seat safety and how to access further information; have a general understanding of the Child and Adolescent Strength and Needs Assessment; and know what the complaint resolution process for a resource parent is.

Length of Class: Three (3) hours

### Sexual Abuse

Participants will understand natural and healthy sexual behaviors for children at different ages. This training assists participants in being aware of behavior signs, including problematic sexual behaviors, which might indicate a child has been sexually abused. Participants will learn how to respond if a child makes a disclosure about sexual abuse and learn techniques to assure the safety of the child, family, and others when a child exhibits problematic behaviors in response to sexual abuse.

Length of Class: Three (3) hours

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